

Sauga Connections for Older Adults – June 2024

For full program descriptions, links to register or to join our virtual programs, visit our website at: saugaconnectsolderadults.ca

Monday	Tuesday	Wednesday	Thursday	Friday
3 Yarn Crafters 1:30 to 2:30 pm	4 Coffee Talk 11 am to 12 pm COPE Service Dogs Presented by: COPE and Canines in the Classroom	5 Fit Break 10:30 to 11:15 am Walk Fit	6 Hot Topic 11 am to 12 pm Intergenerational Day Presented by: Intergenerational Society of Canada	7 Fit Break 1:15 to 2 pm Zumba Gold
10 Yarn Crafters 1:30 to 2:30 pm	11 Coffee Talk 11 am to 12 pm Mississauga Seed Library Presented by: City of Mississauga (Library)	12 Fit Break 10:30 to 11:15 am Strength and Stretch	13 Hot Topic 11 am to 12 pm Brain Health Presented by: Alzheimer Society Peel	14 Fit Break 1:15 to 2 pm Chair Yoga
17 Yarn Crafters 1:30 to 2:30 pm	18 Coffee Talk 11 am to 12 pm Mississauga's Twin City: Kariya Presented by: Mississauga Friendship Association	19 Fit Break 10:30 to 11:15 am Seated Strength & Stretch	20 Hot Topic 11 am to 12 pm June is Thyroid Awareness Month Presented by: Thyroid Foundation of Canada	21 Fit Break 1:15 to 2 pm Sit Fit
24 Yarn Crafters 1:30 to 2:30 pm	25 Coffee Talk 11 am to 12 pm A Seasonal Summer Hearth: Life in Victorian Mississauga Presented by: City of Mississauga (Museums)	26 Fit Break 10:30 to 11:15 am Drum Fit	27 Hot Topic 11 am to 12 pm Art Workshop: Beautiful Botanicals Presented by: Art Gallery of Mississauga	28 Fit Break 1:15 to 2 pm Chair Zumba



Sauga Connections for Older Adults

Free live online activities every weekday

You're invited to join us each weekday for a variety of free, interactive, virtual activities for residents ages 55+ through your computer, tablet, or phone! All our events are free, and we will never ask you for your credit card information.

Program information:

- Programs are free and open to all residents ages 55+
- Programs include group discussions, activities, and fitness classes
- All sessions open 5 minutes before the designated start time
- Each activity is 45-60 minutes
- For privacy reasons, we do not record any of our sessions
- All sessions are live

How to connect:

1. Review the program schedule - available at saugaconnectsoldieradults.ca or by calling our Older Adult team (*see below*)
2. Choose how to participate:
 - **On your phone** - dial-in using the phone numbers and instructions on the [website](#), or contact the Older Adult team (*see below*)
 - **On your device** - use your computer, laptop, tablet, or smartphone
 - If you are joining on a device listed above, please [download](#) the Webex App before the session
 - Technical tutorials are available on the [website](#) or contact the Older Adult team for support (*see below*)
3. Connect and enjoy – there's no need to pre-register, just dial in or use the link provided for your program

For more information or support:

If you require support to join by computer or phone, contact Jordan O'Dell at 905-615-4810 ext.3719 or jordan.odell@mississauga.ca